

Fish Oil Arthritis Cure

Arthritis is a condition that seems to have an ancient history. And now, after medical professionals have spent centuries developing newer and better treatments, one arthritis remedy seems to hold certain archaic qualities.

While there are more than one hundred different types of arthritis, most of them share similar chronic, painful symptoms: swelling of the affected area, morning stiffness, sharp and throbbing pain, localized or widespread pain, and mild to severe loss of mobility.

Just as arthritis can present itself in many different forms, there is also a huge range of treatment options. These vary from conventional drug therapies to alternative methods such as specialized yoga. Every arthritis case is unique and so, not every treatment method will bring the same results all patients.

There is also an interesting shift underway that is affecting the way that doctors treat patients with arthritis. Natural medicine is becoming mainstream, and alternative treatment options are becoming an acceptable part of arthritis therapies. Fish oil is one of the latest trends that doctors and nutritionists are excited about.

Fish oil is rich in two types of omega-3 fatty acids: eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). Both of these omega-3 fatty acids are highly respected and well documented for their abilities to reduce inflammation. Because of these strong anti-inflammation properties, fish oils are naturally good choices for arthritis sufferers. Patients do have questions, however. Do they really work? And, more importantly, are fish oils effective for relieving pain?

The problem with most alternative medicine therapies is that they are relatively new, and lack sufficient medical and scientific research needed to provide definite proof. Fish oil is one of these treatments yet to be clinically proven effective. Early research findings, however, are encouraging. Recent clinical trials and laboratory studies conclude that fish oil, because of its omega-3 structure, can be helpful in reducing morning muscle stiffness and joint pain that so many arthritis sufferers live with. Researchers have not yet concluded the appropriate dosage required for maximum effectiveness, nor how the fish oil treatment program should last.

There are possible side effects to fish oil supplementation that patients need to be aware of:

* **Blood Clotting:** In some cases, fish oil has been shown to increase risks associated with the blood's clotting abilities. In other words, some people may find that fish oil affects the time it takes for the blood to clot. This can be an important issue in cases where the patient is already taking medications that affect the clotting of blood.

* **Blood Pressure:** Fish oil supplements have also been shown to interact with blood pressure medications. It has been suggested that supplementing the diet with fish oil while taking high blood pressure medications may cause the blood pressure to decrease significantly.

* **Contaminants:** Fish oil can pose a danger due to the significant levels of contaminants that may be present. The natural mercury level in fish can cause it to be an unsafe choice for some patients. Consuming fish oils may pose serious risk, particularly to young children and pregnant or nursing women. Fishes that typically contain the highest mercury levels are tuna, swordfish, king mackerel, tilefish and shark. If you are interested in trying fish oil for arthritis but worried about the risks, search for oils from fishes that tend to be lower in mercury. You'll have to do a bit of digging to find this information, but the results are worth the efforts.

While patients should be aware of the concerns before starting fish oil therapy for arthritis, there are few side effects once they start taking the supplements. Those possible side effects, such as gas and other stomach disturbances, are usually relatively minor.

Arthritis is certainly not a new disease. However, new treatment options are promising a new relief for arthritis sufferers. To find out more about fish oil, and other alternative arthritis treatments, speak to a trusted herbalist or your family doctor.